

Wauconda - A federal grant for children's health education will help Wauconda students learn how to lead healthier lives, Congresswoman Melissa Bean (IL-08) announced Tuesday.

"This program helps children learn how to make healthier choices in their lives," Congresswoman Melissa Bean said. "As a mother of two daughters, I know how hard it can be to teach children to put down the pizza and reach for a piece of fruit. At a time of rising childhood obesity rates, we need to work harder at teaching today's children how to become tomorrow's healthier adults."

Funding for the Wauconda Obesity Prevention Project was included in Congress' 2008 appropriations at Congresswoman Bean's request. The \$28,493 grant, distributed by the Centers for Disease Control and Prevention's Chronic Disease Prevention and Health Promotion program, will be administered by Advocate Good Shepherd Hospital and Wauconda Community School District 118.

The funding allows the program to continue to include all 3rd, 4th and 5th grade classes at all three District 118 schools. The curriculum delivers comprehensive health education about nutrition and physical activity through three 30-minute physical education programs per week plus additional classroom time. Lessons are geared towards helping students pass the Presidential Fitness Challenge and students are given pedometers and breakfast diaries to monitor their progress. In the 2005-2006 school year, the program increased the number of students able to pass the Presidential Fitness Challenge. Participants' average score on nutrition exams increased by 8 percentage points.

###